What is claimed is:

1. A gasket comprising:

a fluorine rubber gasket body and a sliding-treated layer on the surface of the fluorine rubber gasket body;

wherein the sliding-treated layer being baked coated film of a sliding treating agent,

the sliding treating agent being an aqueous emulsion comprising a solid lubricant, an urethane-based resin as a matrix, and a reactive group-coupled alkyltrialkoxysilane series compound (hereinafter "ATAS") represented by the following chemical formula as an adherability modifier.

$X\text{-}C_nH_{2n}\text{-}Si(OR)_3$

{wherein X (reactive group) is an amino-containing group or an epoxy-containing group, n is a natural number of 2 to 4, and R is an alkyl group having a carbon number of 1 to 3}.

2. The gasket according to claim 1, wherein the sliding treating agent is an aqueous emulsion comprising 20 to 70% of the solid lubricant (in the form of an emulsion), 20 to 70% of the urethane-based resin (in the form of an emulsion) and 2 to 8% of the ATAS.

3. The gasket according to claim 2, wherein the sliding treating agent is an aqueous emulsion comprising 30 to 60% of the solid lubricant (in the form of an emulsion), 30 to 60% of the urethane-based resin (in the form of an emulsion) and 4 to 6% of the ATAS.

4. The gasket according to claim 3 wherein the solid lubricant is a fluorine resin powder.

5. The gasket according to claim 1, wherein the solid lubricant is a fluorine resin powder.

6. The gasket according to claim 2, wherein the solid lubricant is a fluorine resin powder.

7. The gasket according to claim 1, wherein the gasket body is made of evinylidene fluoride-perfluorovinyl ether-tetrafluoroethylene copolymer.

8. The gasket according to claim 1, wherein a dry thickness of the sliding-treated layer is between 3 and 40 μm.